

26
19.03.2022

, 400m

4:29.25

01.01.2013

1 : 5:12.50 / : 4:55.00 / : 4:37.00

: FINA 2021

							100m	200m	300m	400m		
1.	,	06				4:40.73 655	1:04.62	1:11.87	1:19.55	1:04.69		
	50m:	29.80	29.80	150m:	1:40.78	36.16	250m:	2:55.74	39.25	350m:	4:08.65	32.61
	100m:	1:04.62	34.82	200m:	2:16.49	35.71	300m:	3:36.04	40.30	400m:	4:40.73	32.08
2.	,	07				4:43.43 636	1:05.51	1:14.96	1:18.26	1:04.70		
	50m:	30.33	30.33	150m:	1:43.39	37.88	250m:	2:59.24	38.77	350m:	4:11.81	33.08
	100m:	1:05.51	35.18	200m:	2:20.47	37.08	300m:	3:38.73	39.49	400m:	4:43.43	31.62
3.	,	06				4:44.97 626	1:04.37	1:11.07	1:23.53	1:06.00		
	50m:	29.68	29.68	150m:	1:40.64	36.27	250m:	2:57.58	42.14	350m:	4:12.60	33.63
	100m:	1:04.37	34.69	200m:	2:15.44	34.80	300m:	3:38.97	41.39	400m:	4:44.97	32.37
4.	,	07				4:46.66 615	1:04.46	1:14.65	1:22.39	1:05.16		
	50m:	29.29	29.29	150m:	1:42.33	37.87	250m:	3:00.14	41.03	350m:	4:14.80	33.30
	100m:	1:04.46	35.17	200m:	2:19.11	36.78	300m:	3:41.50	41.36	400m:	4:46.66	31.86
5.	,	07				4:50.94 588	1:04.37	1:16.24	1:24.12	1:06.21		
	50m:	29.37	29.37	150m:	1:43.02	38.65	250m:	3:02.05	41.44	350m:	4:17.99	33.26
	100m:	1:04.37	35.00	200m:	2:20.61	37.59	300m:	3:44.73	42.68	400m:	4:50.94	32.95
6.	,	06				4:52.85 577	1:05.99	1:15.75	1:25.32	1:05.79		
	50m:	30.05	30.05	150m:	1:44.48	38.49	250m:	3:04.08	42.34	350m:	4:21.25	34.19
	100m:	1:05.99	35.94	200m:	2:21.74	37.26	300m:	3:47.06	42.98	400m:	4:52.85	31.60
7.	,	06				4:58.00 547 1	1:04.76	1:16.03	1:28.61	1:08.60		
	50m:	28.81	28.81	150m:	1:43.02	38.26	250m:	3:04.38	43.59	350m:	4:23.22	33.82
	100m:	1:04.76	35.95	200m:	2:20.79	37.77	300m:	3:49.40	45.02	400m:	4:58.00	34.78
DSQ	,	07				4:55.73 1	1:06.66	1:15.26	1:25.44	1:08.37		
	50m:	30.36	30.36	150m:	1:44.83	38.17	250m:	3:04.06	42.14	350m:	4:21.90	34.54
	100m:	1:06.66	36.30	200m:	2:21.92	37.09	300m:	3:47.36	43.30	400m:	4:55.73	33.83
EXH	,	06										
EXH	,	06										